

AAU/Ironman Folkstyle
**National Wrestling
Championships**

May 29-30, 2010
Memorial Day Weekend



www.ironmannationals.org
www.mavwrestling.com



AAU/Ironman Folkstyle National Wrestling Championships
University of Nebraska at Omaha
6001 Dodge Street
Omaha, NE 68182



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**National Wrestling
Championships**
May 29-30, 2010
Omaha, Nebraska

Weight Classes

Age division will be determined by year of birth

Tot (born 2004 or after)

35 40 45 50 55 HWT

Bantam (born 2002-2003)

40 45 50 55 60 65 70 75 80 85 90 HWT

Midget (born 2000-2001)

50 55 60 65 70 75 80 85 90 95
10 112 120 130 HWT

Novice (born 1998-1999)

60 65 70 75 80 85 90 95 103
112 120 130 140 HWT

Schoolboy (born 1996-1997)

70 75 80 85 90 95 103 112 120
130 140 150 160 180 HWT

Cadet (born 1994-1995)

84 91 98 103 112 119 125 130 135
140 145 152 160 171 189 215 HWT

Elite (born 1991 - 1992 - 1993)

98 103 112 119 125 130 135 140
145 152 160 171 189 215 HWT

Elite (1991)

Wrestler must be a 2010 high school graduate
or you must wrestle in the Senior Division

Senior (born 1981-1991)

125 133 141 149 157 165 174 184 197 HWT

Master (born 1980 & before)

125 133 141 149 157 165 174
184 197 215 HWT

The birth year shall determine the individual's eligibility for specific
competition. Proof of age shall be machine photo-copy of the
original birth record issued by county, state, or federal govt. DO

NOT SEND ORIGINALS. Tournaments committee will not be
responsible for return of any documents.

Venue

University of Nebraska - Omaha
SAPP Fieldhouse
6001 Dodge Street

Admission

Daily Pass (Adults) \$10 (Students) \$5
coaches Packet \$35
(Includes an admission ticket and coaches floor pass)

Awards

>Award Top 6 Wrestlers at each weight.
>Ironman awards will be given to the top 3 wrestlers
at each weight based on placing points through-
out all 3 divisions.

Tournament Schedule

Friday, May 28, 2010

6:00 - 8:00 pm Registration and Weigh-In
@ Holiday Inn Central
72nd & Grover

Saturday, May 29th

8:00 am Doors Open
9:00 am Take Down Tournament
Start to Finish
Mat Tournament
Start to Finish

Sunday, May 30th

8:00 am Doors Open
9:00 am Folkstyle Start to Finish

Accommodations

Holiday Inn - \$70 (Tournament Headquarters)

[http://www.ihg.com/h/d/HI/1/en/rates/OMANE?](http://www.ihg.com/h/d/HI/1/en/rates/OMANE?groupBookingCode=UI2&_IATAno=99801505)
[groupBookingCode=UI2&_IATAno=99801505](http://www.ihg.com/h/d/HI/1/en/rates/OMANE?groupBookingCode=UI2&_IATAno=99801505)

Crowne Plaza - \$70

Contact Maura Carolan @ (402)516-1254
maura.carolan@transinns.com

Comfort Inn- \$70

Contact RJ Hadley @ (402)934-4900
rhadley@omahacis.com

For Additional Information

Rudy Murray rmurray@tconl.com
Doug Denson ddenson@hotmail.com

Official Wrestling Apparel Supplier for AAU/Ironman
National Championships is 3X Gear:

www.3timegear.com

2010 AAU/Ironman Folkstyle World Wrestling Championships

Register On-Line at

www.ironmannationals.org

Please Print All Information

Name: _____ Birthdate: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Gender: M _____ F _____

AAU Card# _____

Will purchase AAU card at registration (\$12) _____

*Age Division: _____ Weight Division _____

*Note: Proof of date of birth (any form of govt. proof is accept-
able, i.e. Passport, Driver's License, Birth Certificate, etc.) must be
provided at the time of check-in.

Waiver

I understand that my participation in AAU activities involves risks
and danger of serious and permanent bodily injury or death. I, or
my parent/guardian if I am a minor, hereby, release, hold harmless,
discharge and agree not to sue AAU of US Inc. it's clubs/teams,
directors, officers, employees, coaches, officials, owners/lessors of
premises for all liability for my participation in these and any other
AAU related travel, lodging, or social recreational activities.

Applicants

Signature _____

Parent/Guardian

Signature _____

Entry Fee is \$65 AAU membership (\$12) is also required
prior to competition

Purchase your AAU Card on-line -

<http://aausports.org/JoinNow.aspx>

- This event is sanctioned by the Amateur Athletic Union of the U. S., Inc.
- All participants must have a current AAU membership.
- AAU membership is not included as part of the entry fee to the event.

On-line registration for tournament @ www.ironmannationals.org

***Entry Deadline is May 26th**